

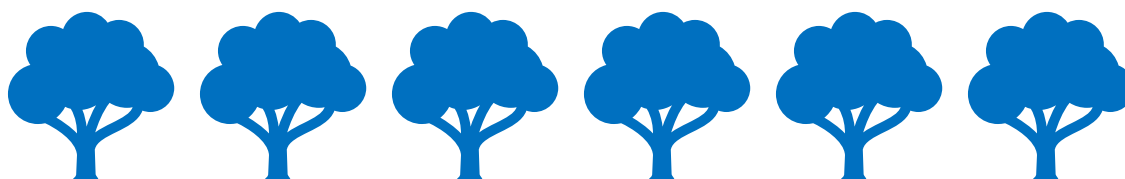


Join us!
at the
Center for Contemplative Studies



MINDFULNESS MEDITATION

THURSDAY of FINALS
WEEK 10:00 AM



Michelle H. Mamberg, Ph.D., is a Clinical Psychologist and Mindfulness-based Stress Reduction instructor. Her 30-minute drop-in sessions combine periods of silence with guidance in mindfulness practice, emphasizing compassion for oneself and others.

Visit our schedule at [CCS](#) for the Zoom link to join.